

U.S. Department
of Transportation

**United States
Coast Guard**



**ALLOWABLE WEIGHT STANDARDS
FOR THE
HEALTH AND WELL-BEING OF
COAST GUARD MILITARY PERSONNEL**

COMDTINST M1020.8C



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SEP 1 1994

COMMANDANT INSTRUCTION M1020.8C

**Subj: ALLOWABLE WEIGHT STANDARDS FOR THE HEALTH AND WELL-BEING
OF COAST GUARD MILITARY PERSONNEL**

Ref: (a) Losing Body Fat the Easy Way, COMDTPUB P6100.13

1. **PURPOSE.** This Instruction establishes allowable weight standards for all Coast Guard military personnel. This Instruction applies to all officers and enlisted personnel of the Coast Guard and Coast Guard Selected Reserve, and to Public Health Service officers detailed to the Coast Guard.
2. **ACTION.** Area and district commanders, commanders maintenance and logistics commands, commanding officers of headquarters units, Commander, Coast Guard Activities Europe and Commander, Coast Guard Activities Far East shall ensure compliance with the provisions of this instruction.
3. **DIRECTIVES AFFECTED.** Commandant Instruction 1020.8B is cancelled.

Robert E. Kramek

ROBERT E. KRAHEK
Admiral, U.S. Coast Guard
Commandant

DISTRIBUTION-SDL NO. 132

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A	2	2	2	—	2	2	1	2	1	1	—	1	2	1	1	1	1	1	1	—	2	—	—	—	—	—
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C	3	3	2	3	2	2	1	1	1	1	10	1	1	—	1	1	1	1	1	1	1	1	1	1	1	1
D	2	1	1	2	1	1	1	1	—	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
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RECORD OF CHANGES

[illegible]

CHAPTER 1. DEFINITIONS

- A. Recommended Healthy Weight (RHW) - "Ideal" body weights for adults (enclosure (1)).**
- B. Maximum Allowable Weight (MAW) - Weight at which a member of a given sex, height, and frame size is referred for a percent body fat determination. Ordinarily, the MAW is well above ideal or healthy weight norms (enclosure (2)).**
- C. Overweight - Member exceeds the MAW, most commonly as a result of muscle or excess fat.**
- D. Overfat - Overweight member who also exceeds the percent body fat allowed for the member's sex and age (enclosure (3)).**

CHAPTER 2. DISCUSSION.

- A. The Coast Guard is concerned with the health and well-being of its members. Wellness contributes to the readiness and morale of our organization. Maintaining a healthy level of body fat, achieved by exercise and eating right, is one of the keys to good health. To meet our operational challenges, everyone must be physically fit. As a part of the Uniformed Services, our military members must be physically fit and appear as such in uniform. Their appearance must reflect credit upon themselves, the Coast Guard, and our country.
- B. Since 1985, the Coast Guard has had a weight control program designed to improve the appearance of Coast Guard personnel by establishing maximum weights that members in the Service could attain and still remain in the Coast Guard. While the program has been successful in improving the overall appearance of Coast Guard personnel, there have been recognized shortcomings. Our current system can be more equitable, address major health concerns, and be less time consuming.
- C. The term "maximum allowable weight," as used in this Instruction, is not a person's ideal weight from either a health or appearance viewpoint. Rather, it is the maximum a member may weigh before referral for a percent body fat determination. The term "maximum percent body fat," as used in this Instruction, is the highest body fat an overweight member can have and remain in the Service. The percentage of body fat is an indicator of obesity. Members who exceed maximum percent body fat have an increased risk of illness and death from heart disease, cancer, diabetes, digestive diseases, and blood vessel diseases. All members are encouraged to follow a healthy life-style and strive to maintain their body weight within the "recommended healthy weight", (enclosure (1)). Reference (a) provides nutrition and related weight control guidance to assist our members and their commands in this endeavor.
- D. The Coast Guard standards for men and women, while different in absolute terms, are compatible. Furthermore, they are consistent with available research. Percent body fat is higher in women, with 10 percent the generally accepted difference; our standards reflect this difference exactly. In a test of these new standards, men and women passed at the same rate.
- E. Nothing in this Instruction is intended to lessen either the commanding officer's responsibility for taking appropriate action to correct any appearance or health problem at the command, or the member's responsibility for maintaining and presenting their best appearance.

CHAPTER 3. POLICY

- A. One of the basic tenets of the Coast Guard weight program is that weight standards are based on the individual's height and skeletal build (frame size), which is determined through measurement of the wrist. Since wrist size and height do not change appreciably in Service age personnel, wrist size and height generally only need to be determined once at the beginning of an individual's career. This measurement will be used as the basis for future weight screenings, unless the individual is determined to exceed the screening standards. If the individual is screened as overweight, the member's height and wrist measurements shall be verified.
- B. All military personnel shall be screened against the maximum allowable weight standards of enclosure (2) at least annually and when selected for random urinalysis testing. Personnel failing the initial screen will be measured against the percentage of body fat standards of enclosure (3) to determine if they are in compliance with Coast Guard weight/body fat standards.
- C. Unless granted an exemption under Chapter 4 of this Instruction, overweight members who also exceed their maximum body fat percentage (overfat) will be placed in a probationary period to allow them to come within their maximum allowable weight or body fat percentage. After notification and acknowledgment that the member exceeds the MAW and maximum body fat percentage the following actions will be withheld:
1. advancement or promotion. (This does not preclude enlisted personnel from competing for advancement if they are recommended for competition by their commanding officer.) Refer to Article 5-C-25b of the PERSMAN, COMDTINST M1000.6 (series), for procedures for withholding advancement for enlisted personnel;
 2. assignment to command positions both ashore and afloat;
 3. consideration by OIC Ashore/Afloat Certification Boards;
 4. assignment to resident training, including class "A" school, advanced training, including class "C" school, postgraduate school, or flight training;
 5. assignment of reservists to active duty (EAD, TEMAC, SADT) other than that which is in fulfillment of their annual training requirement;
 6. payment of Selective Reenlistment Bonus (SRB) installments, beyond the initial payment of 50 percent. If the member is ultimately discharged because of failure to comply with this Instruction, all unearned SRB payments will be recouped upon separation;

7. participation on promotion boards, appointment boards, or command screening panels; and,
 8. selection to high visibility assignments (White House/ House/Senate/Congressional staff, liaison assignment to other agencies, CEA, CIS, high visibility public affairs staff positions, instructor duties, recruiting duties, etc.)
- D. Unless granted an exemption under the provisions of Chapter 4 of this Instruction, members who exceed the maximum allowable weight and percent body fat standards at the end of their probationary period shall be processed as follows:
1. All active duty members and members of the Selected Reserve will be processed for separation from the Coast Guard in accordance with paragraphs 5.H. and 5.I. of this Instruction.
 2. Public Health Service officers shall be returned to the Department of Health and Human Services.
- E. Recruit and Officer Candidate School accession weight standards, for those admitted via the Military Entrance Processing Stations, are provided in Appendix (B). Coast Guard Academy cadet weight standards are provided in Appendix (C). Other applicants for enlistment into the Coast Guard must meet the maximum allowable weight and percent body fat standards specified in this Instruction or will not be enlisted. Those members reentering the Coast Guard under the provisions of COMDTINST 1040.5 (series), Separation for Care of Newborn Children (CNC), are required to meet the MAW and body fat standards that existed at the time of their discharge. Upon entering the Coast Guard, members who do not meet the current standards will be provided a grace period of twelve months to allow them to come into compliance before being placed on probation.
- F. Applicants for commissioning programs who exceed these maximum allowable weight and body fat standards will not be accepted into the Coast Guard. Procedures for members reentering the Coast Guard under the provisions of COMDTINST 1040.5 (series), Separation for Care of Newborn Children (CNC), are the same as paragraph 3.E. above.
- G. Exceeding maximum allowable weight and body fat standards shall not be the sole reason for disapproving a reenlistment/extension. Members may enter an extension or reenlist if no underlying medical condition(s) exists. However, any weight loss probationary period remains in effect and the member is still subject to separation at the

end of the probationary period. If at the time of reenlistment/extension a medical condition is uncovered, the provisions of paragraph 5.C.1. of this Instruction will apply.

- H. Exceeding maximum allowable weight and percent body fat standards may be grounds for cancellation of or delay in execution of PCS orders, particularly if a member's scheduled PCS departure is close to the end of their probationary period and it appears that the member may not be in compliance at the end of their probationary period. Members failing to reach compliance with maximum allowable weight or body fat standards by the end of a probationary period will be processed for separation.
- I. Any member who has been in two probationary weight/fat loss periods in any 365 day period will be processed for separation from the Coast Guard in lieu of being placed in a third probationary period during the same 365 day period. In these cases, requests for separation will be submitted to Commander, Military Personnel Command (MPC-sep) or Commandant (G-RSM).
- J. Active duty enlisted members discharged for exceeding the maximum allowable weight/body fat standards or for appearance shortcomings may request reenlistment to their former rate provided they are within the maximum allowable weight or percent body fat, meet appearance standards and have been out of the Service at least six months but not longer than 12 months. Requests will be evaluated by Commander, Military Personnel Command (MPC-epm) based on the needs of the Service and the member's past performance, including previous appearance problems. Processing for reenlistment will be accomplished at a Coast Guard recruiting office.

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CHAPTER 4. EXEMPTIONS.

- A. Members who become pregnant or members who are placed in an other than fit for full duty status in excess of 30 days (with a physician's determination that the member's physical condition precludes weight loss) will not be measured to determine compliance with this Instruction until they are returned to a fit for full duty status. Members placed in a weight/fat loss probationary status prior to pregnancy shall have their probationary period held in abeyance. Members who incur an injury or illness during a probationary period that may adversely affect their weight loss program should be referred to a medical officer/contract physician for determination of whether it is medically safe/feasible for the member to continue the weight loss regimen. The provisions of paragraph 3.C. of this Instruction shall apply during the entire period they are not fit for full duty. The day following the determination of fit for full duty or decision by medical authority to lift the abeyance, the probationary period shall be restarted with the length of the probationary period based on the member's present weight.
1. A servicewoman is exempt from the weight and body fat standards during pregnancy. That does not, however, exempt the servicewoman from maintaining a neat military appearance.
 2. Once the servicewoman returns from maternity leave, it is her responsibility to conform to the weight and body fat standards. The servicewoman is exempt from being placed in a probationary status for exceeding the weight/body fat standards for a period of six months after delivery or termination of pregnancy, or in the case of nursing mothers, six months after the conclusion of the nursing period as documented by a physician. This does not exempt the member from maintaining a neat military appearance.
- B. Some individuals may have a physical makeup, primarily due to high muscle mass, that places them in an overweight category even though their percentage of body fat is well within limits. In these cases, upon determination that the member's body fat is within standards, the member will be assigned a new maximum allowable weight for screening purposes equal to the member's weight when the body fat determination is made. This will preclude the member from having to have additional body fat determinations as long as the member does not gain additional weight.
- C. Some individuals who have successfully stopped smoking or using smokeless tobacco (or who are currently enrolled in a tobacco cessation class) gain a small to moderate amount of weight. Although this weight gain can be reversed through proper eating and exercise habits, the prospect of gaining

weight often discourages people from trying to quit smoking or using smokeless tobacco. Since tobacco addiction is far more harmful than being overweight or overfat, fear of being placed in a probationary status for weight should not discourage members from attempting tobacco cessation. Accordingly, members who are addicted tobacco users may apply for a one-time exemption from being placed in a probationary status for exceeding the weight/body fat standards for a period of 6 months following successful completion of a tobacco cessation program, provided they do not use tobacco during that time.

CHAPTER 5. PROCEDURES.

- A. All members shall be weighed annually, preferably during the calendar month of the member's birthday, or more often if deemed necessary by the member's commanding officer. If members are not weighed during their birth month, annual weighings will be at least 6 months apart. For instance, a member could not be weighed 31 December and 1 January to fulfill their weighing obligation for each of those two years. Additionally, all members shall be weighed each time they are selected for random urinalysis testing. This weighing shall be conducted by someone other than the urinalysis coordinator and observer. All Coast Guard members shall be screened against the height-weight standards of enclosure (2). Reservists not on extended active duty shall be weighed at least annually at all hands drills in lieu of during the calendar month of the member's birthday and each time they are selected for random urinalysis testing. All members failing the screen using the weight standards shall be measured to determine their percentage of body fat.
- B. The unit commanding officer shall prepare the following Administrative Remarks (CG-3307), with a copy of this entry maintained in the member's Unit PDR, for each officer and enlisted who exceed the maximum allowable weight of enclosure (2), but who is in compliance with the body fat standards of enclosure (3). Commanding officers and officers in charge of units below the Group level will provide the necessary information to the Group who will prepare CG-3307s for subordinate units.

DATE: ON THIS DATE, YOU WERE WEIGHED AND YOU ARE IN COMPLIANCE WITH YOUR MAXIMUM ALLOWABLE WEIGHT/BODY FAT STANDARD. YOUR MEASUREMENTS ARE: HEIGHT _____ (INCHES), WRIST SIZE _____ (INCHES), WEIGHT _____ (POUNDS). YOUR AGE IS _____ AND YOUR PERCENT BODY FAT IS _____. IN ACCORDANCE WITH COMMANDANT INSTRUCTION M1020.8 (SERIES), YOU ARE ASSIGNED A MAXIMUM ALLOWABLE WEIGHT FOR SCREENING PURPOSES OF _____ POUNDS. SHOULD YOU EXCEED THIS MAXIMUM ALLOWABLE WEIGHT IN THE FUTURE, YOU WILL BE REQUIRED TO COMPLETE A BODY FAT DETERMINATION. BY SIGNATURE BELOW, YOU ACKNOWLEDGE BOTH THIS ENTRY AND THAT YOU HAVE BEEN AFFORDED THE OPPORTUNITY TO REVIEW COMMANDANT INSTRUCTION M1020.8 (SERIES).

- C. All overweight members who exceed the maximum body fat standards shall be referred to a medical facility to:
- (1) to receive counselling on proper nutrition and exercise to reduce the excess body fat. Every effort shall be made to assist and encourage the member towards achieving their ideal body weight and body fat; and
 - (2) determine if there is an underlying medical cause and whether it is medically safe for the member to lose the excess fat. The unit commanding officer shall prepare the Command Medical Referral Form, enclosure (4), which will be completed by a medical officer

(PYA or nurse practitioner is acceptable) or contract practitioner. For units below the Group level, the Group HS will prepare the Command Medical Referral Form. This form shall be filed in the member's Health Record.

1. If an underlying medical condition is found and the medical officer determines that any weight/fat loss by the member would be detrimental to the member's health, the unit commanding officer shall institute separation procedures as follows. In the case of units below the Group level, these separation procedures will be initiated by the Group with notification made to the member's command. If the underlying condition is a ratable disability, the member will be processed through the physical disability system. If the condition is not ratable, the individual will be processed for discharge in accordance with paragraphs 5.H. and 5.I. of this Instruction. If an underlying medical condition is found and a physician determines that weight/fat loss would not be detrimental to the member's health, that member will be provided appropriate treatment, but the provisions of paragraph 3.C. still apply. Health record entries will be made documenting the physician's findings.
- D. Overweight members exceeding their maximum body fat standard, except those who have been granted an exemption per Chapter 4 of this Instruction, shall be placed in a probationary period to lose their excess weight/fat. This probationary weight loss period shall be equal to the amount of time it would take the member to lose all excess weight at an average of one pound per week or 1% body fat per month. For example, a member who is 30 pounds over the maximum allowable weight and is 5% over the maximum percent body fat will be placed in a 30 week probationary period to lose the excess weight or fat. On the other hand, a member who is 30 pounds over the maximum allowable weight and is 8% over the maximum allowable body fat will have 8 months to lose the excess weight or fat. The alternative probationary periods are necessary to accommodate members who gain muscle mass through strength training exercises. In these cases fat lost through diet and exercise may be offset by muscle gain, thus invalidating weight loss as evidence of progress. During the probationary period members are expected to demonstrate reasonable progress (i.e., lose approximately 1/2 the required weight or half the excess % body fat at the midpoint of the probationary period) toward attaining their maximum allowable weight. Failure to demonstrate such reasonable progress may provide sufficient grounds for commanding officers to proceed in accordance with the provisions of paragraph 5.H. of this Instruction prior to the expiration of the probationary period. If a physician determines that due to a member's medication or medical

treatment the member will not be able to lose weight at the required rate, the unit commanding officer is authorized, upon the recommendation of the physician, to extend the probationary period up to four additional months without Commandant approval. For units below the Group level, this extension should be made by the commanding officer/officer in charge in conjunction with the Group HS. While the member is in this probationary period, the provisions of paragraph 3.C. of this Instruction shall apply. This probationary period shall start immediately upon acknowledgment by the member on the Administrative Remarks (CG-3307) required in paragraph 5.E. of this Instruction. The medical examination shall be completed as expeditiously as possible, usually within 3-4 weeks. The probationary period shall not commence until after the examination. However, written notification and acknowledgment that the member exceeds the maximum body fat limits shall be completed regardless of any delay.

- E. The unit commanding officer shall prepare the following Administrative Remarks (CG-3307), with a copy of this entry maintained in the member's Unit PDR, for each member, officer and enlisted, who exceeds their maximum allowable body fat percentage and has not received an exemption per Chapter 4 of this Instruction. The entry shall be acknowledged by signatures of both the command and the member and forwarded to the servicing PERSRU. The servicing PERSRU shall submit a Personnel Action Transaction using Action Code 333. The servicing PERSRU shall provide a copy of the Personnel Transaction to the unit for monitoring and tracking purposes. Commanding officers and officers in charge of units below the Group level will provide the necessary information to the Group who will prepare CG-3307's for subordinate units.

DATE: YOU HAVE THIS DATE BEEN DETERMINED TO BE _____
 POUNDS OVERWEIGHT. YOUR MEASUREMENTS ARE: HEIGHT _____
 (INCHES), WRIST SIZE _____ (INCHES), WEIGHT _____
 (POUNDS). YOUR AGE IS _____ AND YOUR PERCENT BODY FAT IS _____.
 IN ACCORDANCE WITH COMMANDANT INSTRUCTION M1020.8
 (SERIES), YOU ARE HEREBY NOTIFIED THAT YOU ARE REQUIRED TO
 LOSE _____ POUNDS OR DROP BELOW _____ % BODY FAT BY _____.
 IF YOU FAIL TO REACH COMPLIANCE BY THE END OF THIS
 PROBATIONARY PERIOD, YOU WILL BE RECOMMENDED FOR SEPARATION
 (if active duty), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL
 (if reservist), or RECOMMENDED TO RETURN TO THE DEPARTMENT OF
 HEALTH AND HUMAN SERVICES (Public Health Service).
 FURTHERMORE, UNTIL YOU ARE IN COMPLIANCE WITH WEIGHT OR BODY
 FAT STANDARDS, ALL ACTIONS LISTED IN CHAPTER 3 OF COMMANDANT
 INSTRUCTION M1020.8 (SERIES) WILL BE WITHHELD. BY SIGNATURE
 BELOW, YOU ACKNOWLEDGE BOTH THIS ENTRY AND THAT YOU HAVE BEEN
 AFFORDED THE OPPORTUNITY TO REVIEW COMMANDANT INSTRUCTION
 M1020.8 (SERIES).

- F. Upon completion of a member's probationary period, the unit commanding officer shall prepare one of the following Administrative Remarks (CG-3307), depending on whether the member did or did not successfully achieve the maximum allowable weight or maximum percent body fat. In the case of members assigned to units below the Group level, the CG-3307 will be prepared by the Group and forwarded to the member's unit. For clarification purposes, the member shall be considered to have successfully completed the probationary period when the member meets either the maximum allowable weight standard (enclosure(2)) or the body fat standard (enclosure (3)). The entry shall be acknowledged by signatures of both the command and the member and forwarded to the servicing PERSRU. The servicing PERSRU shall submit a Personnel Action Transaction using Action Code 333. The servicing PERSRU shall provide a copy of the Personnel Transaction to the unit for monitoring and tracking purposes.

DATE: ON THIS DATE YOUR PROBATIONARY PERIOD HAS COME TO AN END. YOU WEIGHED _____ (POUNDS) OR ACHIEVED _____ % BODY FAT AND HAVE SUCCESSFULLY MET THE REQUIREMENTS OF THE COAST GUARD WEIGHT PROGRAM.

or

DATE: ON THIS DATE YOUR PROBATIONARY PERIOD HAS COME TO AN END. YOU WEIGHED _____ (POUNDS) AND INDICATED _____ % BODY FAT AND YOU HAVE NOT ACHIEVED YOUR MAXIMUM ALLOWABLE WEIGHT/BODY FAT. IN ACCORDANCE WITH COMMANDANT INSTRUCTION M1020.8 (SERIES) YOU ARE HEREBY NOTIFIED THAT YOU WILL BE RECOMMENDED FOR SEPARATION (if active duty), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL (if a reservist), OR RECOMMENDED TO RETURN TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (if Public Health Service).

- G. It is possible that a member may be within the maximum allowable weight/body fat standards and still not present an acceptable military appearance. These individuals shall be counseled and provided with positive recommendations to improve their appearance. Poor military appearance may be the result of improper tailoring of the uniform, poor posture, or a lack of dedication to ensuring compliance with the uniform regulations. Personnel who are within the maximum allowable weight standards but still present an unacceptable military appearance will continue to be dealt with through proper leadership, appraisal systems or, in extreme cases, administrative separation.
- H. Members failing to come within their maximum allowable weight or body fat at the end of their probationary period, except those exempted per Chapter 4 of this Instruction, shall be processed as follows:

1. Regular commissioned officers with three or more years of service as a commissioned officer in the Coast Guard shall be processed under the provisions of Article 12-A-15, CG PERSMAN, COMDTINST M1000.6 (series).
2. Regular commissioned officers with less than 3 years of service of as a commissioned officer in the Coast Guard shall be processed under the provisions of Article 12-A-11, CG PERSMAN, COMDTINST M1000.6 (series).
3. Chief warrant officers shall be processed under the provisions of Article 12-A-21, CG PERSMAN, COMDTINST M1000.6 (series).
4. Active duty enlisted personnel will be processed for separation under Article 12-B-12(a)(6), CG PERSMAN, COMDTINST M1000.6 (series). Commands shall include the member's current weight, height, wrist size and body fat measurements in the discharge request.
5. Reserve officers on extended active duty shall be processed under the provision of Article 12-A-9, CG PERSMAN, COMDTINST M1000.6 (series).
6. Reserve enlisted personnel on extended active duty will be processed for separation under Article 12-B-12(a)(6), CG PERSMAN, COMDTINST M1000.6 (series). Commands shall include the member's current weight, height, wrist size and body fat measurements in the discharge request.
7. Other Reserve officers and enlisted personnel not covered above shall be transferred to the Standby Reserve, Inactive Status List (ISL) for up to one year. If, during that year, they attain their proper weight/body fat, they may request transfer back to the Ready Reserve. Requests for both officers and enlisted personnel must be submitted for approval to Commandant (G-RSM) via the member's district commander (rs). If, at the end of that year, they have not attained their proper weight/body fat, they shall be processed for separation as follows:
 - a. Reserve officers who have not completed 20 satisfactory years of service for retirement with pay shall be screened by the Mobilization Disposition Board under the provisions of Section 14-G of the Reserve Administration and Training Manual, COMDTINST M1001.27 (series).
 - b. Reserve enlisted personnel shall be processed under the provisions of Article 12-B-12.a.(6), CG PERSMAN, COMDTINST M1000.6 (series).

8. PHS officers shall be returned to the Department of Health and Human Services.
- I. Processing shall be in accordance with applicable articles of the CG PERSMAN, COMDTINST M1000.6 (series). In all cases, requests for separation shall include copies of health record entries and the Command Medical Referral Form, enclosure (4), documenting the findings of the physician that weight loss would not be detrimental to the member and all page 7 entries relative to the probationary period, including entries placing the member in the probationary period and the last entry documenting noncompliance.

CHAPTER 6. RESPONSIBILITIES.

A. Commandant (G-P) will initiate required changes to this Instruction;

B. Commandant (G-K) will:

1. assist Commandant (G-P) in ensuring that District Wellness Coordinators (DWCs) and unit Wellness Program Specialists (WPSs) provide assistance, as appropriate, in designing wellness programs for members and units to promote healthier lifestyles. DWCs and WPSs can also specifically assist overweight/overfat members in designing exercise programs to help lose excess body fat.
2. provide each member on probation with reference material on nutrition, weight control, and exercise. These publications will be automatically mailed (monthly), by Commandant (G-KOM-3), after the Personnel Action Transaction has been completed. This information is advisory only. Nonreceipt of the materials does not relieve the member of responsibility to lose excess weight.
3. amend HS qualifications to include the task of MAW and percent body fat determination.

C. Commander, Military Personnel Command will:

1. act on requests for exemptions for Coast Guard members not adequately covered by the provisions of Chapter 4 of this Instruction. A copy of approved exemptions shall be sent to Commander, Military Personnel Command (MPC-opm or MPC-epm) or Commandant (G-RSM) as appropriate;
2. make determinations on cases not adequately addressed by the provisions of this Instruction;

D. Commanders of maintenance and logistics commands will ensure members have access to appropriate dietary counselling.

E. Area commanders, district commanders, commanders of maintenance and logistics commands and Superintendent, Coast Guard Academy will:

1. monitor command compliance with the provisions of this Instruction during inspections and visits to the units;
2. take appropriate action to cancel or withhold all EAD/TEMAC actions requested by commands for members of the Selected Reserve.

- F. All Commanders, Commanding Officers, and Officers-in-Charge will, to the maximum extent possible, and consistent with operational missions and unit physical constraints, provide opportunities for their members to maintain healthy lifestyles and achieve their recommended healthy weights, as per enclosure (1).
- G. Commanding Officers at the Group level or above will:
1. ensure all personnel attached to their commands are screened and, if required, measured against the standards in enclosures (2) and (3) preferably during the calendar month of their birthday and when they are selected for random urinalysis testing. If the member is found to exceed the maximum allowable limits, the results are to be reported on Administrative Remarks (CG-3307) to the servicing PERSRU. The servicing PERSRU shall submit a Personnel Action Transaction using Action Code 333. The servicing PERSRU shall provide a copy of the Personnel Action Transaction to the unit for monitoring and tracking purposes. Reservists not on extended active duty shall be screened and, if required, measured at least annually at all hands drills in lieu of during the calendar month of the member's birthday as well as when selected for random urinalysis;
 2. ensure that all members are in compliance with this Instruction before they are promoted/advanced or sent to any form of advanced training. Requests for waivers for members to attend advanced training will be sent to Commander, Military Personnel Command (MPC-opm or MPC-epm);
 3. ensure all hands are aware of the contents of this Instruction. Commanding officers shall ensure that all personnel are aware that their maximum allowable weights may have been reduced as a result of this new instruction. There is a 12 month adjustment period. During the period 1 Sep 94 through 1 Sep 95, cases will be handled as follows:
 - a. Commands will continue to process members for separation who completed a probationary period prior to 1 Sep 1994, failed to reach their maximum allowable weight under COMDTINST 1020.8B, and also fail the provisions of this instruction.
 - b. A member already in a probationary period which expires prior to 1 Sep 95, will be deemed in compliance by meeting either maximum allowable weight originally established for the probationary period or the maximum allowable weight established by this instruction.

- c. Members weighed after 1 Sep 1994 who fail to meet these standards, and whose probationary period would expire prior to 1 Sep 95, shall have until 1 Sep 95 to come into compliance. A member who fails to meet these standards shall be processed for separation.
 - d. Members who fail to meet these standards, and whose probationary period extends beyond 1 Sep 95, will have until the end of their probationary period to comply with these standards.
 - 4. comply with the policies and procedures contained in this Instruction. In particular, commands are to ensure that proper documentation is completed both before and after a member's probationary period.
 - 5. ensure that, if a member receives Permanent Change of Station (PCS) transfer orders and his/her probationary period will continue after he/she departs and reports to his/her new unit, a message is sent to the member's new command, info Commander, Military Personnel Command (MPC-opm or MPC-epm) or district commander (rs) in the case of members of the Selected Reserve, advising them of the particulars about the member's probationary period. If the member will be close to the end of the probationary period at the time of his/her scheduled PCS departure, and it appears he/she may not lose the required weight, advise Commander, Military Personnel Command (MPC-opm or MPC-epm);
 - 6. counsel and assist, in accordance with paragraph 5.C., any member who is not in compliance with the existing weight standards. Whenever possible, the member shall be assisted in obtaining information on weight reduction programs in the local area. Unless dictated by extraordinary medical circumstances, Coast Guard funds shall not be expended to pay for residential/inpatient weight loss programs;
 - 7. notify Commander, Military Personnel Command (MPC-opm or MPC-epm) or district commander (rs) in the case of members of the Selected Reserve to withhold or cancel any action listed in Chapter 3 of this Instruction for members exceeding the maximum allowable weight standards; and,
 - 8. take all the actions above for all units within the Group.
- H. All members of the Coast Guard shall comply with the standards in this Instruction and are encouraged to follow a healthy life-style and strive to maintain their body weight within the "recommended healthy weight."

- c. Members weighed after 1 Sep 1994 who fail to meet these standards, and whose probationary period would expire prior to 1 Sep 95, shall have until 1 Sep 95 to come into compliance. A member who fails to meet these standards shall be processed for separation.
 - d. Members who fail to meet these standards, and whose probationary period extends beyond 1 Sep 95, will have until the end of their probationary period to comply with these standards.
- 4. comply with the policies and procedures contained in this Instruction. In particular, commands are to ensure that proper documentation is completed both before and after a member's probationary period.
 - 5. ensure that, if a member receives Permanent Change of Station (PCS) transfer orders and his/her probationary period will continue after he/she departs and reports to his/her new unit, a message is sent to the member's new command, info Commander, Military Personnel Command (MPC-opm or MPC-epm) or district commander (rs) in the case of members of the Selected Reserve, advising them of the particulars about the member's probationary period. If the member will be close to the end of the probationary period at the time of his/her scheduled PCS departure, and it appears he/she may not lose the required weight, advise Commander, Military Personnel Command (MPC-opm or MPC-epm);
 - 6. counsel and assist, in accordance with paragraph 5.C., any member who is not in compliance with the existing weight standards. Whenever possible, the member shall be assisted in obtaining information on weight reduction programs in the local area. Unless dictated by extraordinary medical circumstances, Coast Guard funds shall not be expended to pay for residential/inpatient weight loss programs;
 - 7. notify Commander, Military Personnel Command (MPC-opm or MPC-epm) or district commander (rs) in the case of members of the Selected Reserve to withhold or cancel any action listed in Chapter 3 of this Instruction for members exceeding the maximum allowable weight standards; and,
 - 8. take all the actions above for all units within the Group.
- H. All members of the Coast Guard shall comply with the standards in this Instruction and are encouraged to follow a healthy life-style and strive to maintain their body weight within the "recommended healthy weight."

Enclosure (1) to COMDTINST M1020.8C

RECOMMENDED HEALTHY WEIGHTS

HEIGHT (Inches)	WEIGHT IN POUNDS	
	19 to 34 years	35 years and over
60	97-128	108-138
61	101-132	111-143
62	104-137	115-148
63	107-141	119-152
64	111-146	122-157
65	114-150	126-162
66	118-155	130-167
67	121-160	134-172
68	125-164	138-178
69	129-169	142-183
70	132-174	146-188
71	136-179	151-194
72	140-184	155-199
73	144-189	159-205
74	148-195	164-210
75	152-200	168-216
76	156-205	173-222
77	160-211	177-228
78	164-216	182-234

Note: The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women.

Source: Derived from National Research Council, 1989.

Enclosure (2) to COMDTINST M1020.8C

MAXIMUM ALLOWABLE WEIGHT FOR MEN
BASED ON MEMBER'S HEIGHT AND FRAME SIZE

FRAME SIZE CODE

Height	A	B	C	D	E	F	G	H	J	K	L	M
		6 1/4 TO	6 1/2 TO	6 3/4 TO	7 TO	7 1/4 TO	7 1/2 TO	7 3/4 TO	8 TO	8 1/4 TO	8 1/2 TO	GREATER THAN
	UNDER 6 1/4	UNDER 6 1/2	UNDER 6 3/4	UNDER 7	UNDER 7 1/4	UNDER 7 1/2	UNDER 7 3/4	UNDER 8	UNDER 8 1/4	UNDER 8 1/2	UNDER 8 3/4	8 3/4
60	140	144	148	152	156	159	163	167	171	175	179	183
61	144	148	152	156	160	164	167	171	175	179	183	187
62	148	152	156	160	164	168	172	176	179	183	187	191
63	152	156	160	164	168	172	176	180	184	188	191	195
64	157	160	164	168	172	176	180	184	188	192	196	200
65	161	165	169	172	176	180	184	188	192	196	200	204
66	165	169	173	177	181	184	188	192	196	200	204	208
67	169	173	177	181	185	189	193	196	200	204	208	212
68	173	177	181	185	189	193	197	201	205	208	212	216
69	177	181	185	189	193	197	201	205	209	213	216	220
70	182	185	189	193	197	201	205	209	213	217	221	225
71	186	190	194	197	201	205	209	213	217	221	225	229
72	190	194	198	202	206	209	213	217	221	225	229	233
73	194	198	202	206	210	214	218	221	225	229	233	237
74	198	202	206	210	214	218	222	226	230	233	237	241
75	202	206	210	214	218	222	226	230	234	238	242	245
76	207	210	214	218	222	226	230	234	238	242	246	250
77	211	215	219	222	226	230	234	238	242	246	250	254
78	215	219	223	227	231	234	238	242	246	250	254	258
	219	223	227	231	235	239	243	246	250	254	258	262
	223	227	231	235	239	243	247	251	255	258	262	266

NOTE 1: Height of member as measured without shoes.

NOTE 2: Maximum allowable weight of member wearing only underwear/undergarments.

NOTE 3: Where applicable, height shall be measured to the nearest 1/2" and the weight table interpolated appropriately.

HOW TO DETERMINE WRIST SIZE

Using a cloth tape measure on the wrist of the dominant hand, fingers extended and apart, measure all the way around at the point where there are two "knobs" just above the hand. Be sure the tape goes across both bones ("knobs").

Enclosure (2) to COMDTINST M1020.8C

**MAXIMUM ALLOWABLE WEIGHT FOR WOMEN
BASED ON MEMBER'S HEIGHT AND FRAME SIZE**

FRAME SIZE CODE

	N	P	Q	R	S	T	U	V	W	X	Y	Z
		5 1/4 TO 5 1/2	5 1/2 TO 5 3/4	5 3/4 TO 6	6 TO 6 1/4	6 1/4 TO 6 1/2	6 1/2 TO 6 3/4	6 3/4 TO 7	7 TO 7 1/4	7 1/4 TO 7 1/2	7 1/2 TO 7 3/4	GREATER THAN 7 3/4
Height	UNDER 5 1/4	UNDER 5 1/2	UNDER 5 3/4	UNDER 6	UNDER 6 1/4	UNDER 6 1/2	UNDER 6 3/4	UNDER 7	UNDER 7 1/4	UNDER 7 1/2	UNDER 7 3/4	
58	122	126	130	134	137	141	145	149	152	156	160	164
59	125	129	133	137	140	144	148	152	155	159	163	167
60	128	132	136	140	143	147	151	155	158	162	166	170
61	131	135	139	142	146	150	154	157	161	165	169	172
62	134	138	142	145	149	153	157	160	164	168	172	175
63	137	141	145	148	152	156	160	163	167	171	175	178
64	140	144	147	151	155	159	162	166	170	174	177	181
65	143	147	150	154	158	162	165	169	173	177	180	184
66	146	150	153	157	161	165	168	172	176	180	183	187
67	149	152	156	160	164	167	171	175	179	182	186	190
68	152	155	159	163	167	170	174	178	182	185	189	193
69	155	158	162	166	170	173	177	181	185	188	192	196
70	157	161	165	169	172	176	180	184	188	191	195	199
71	160	164	168	172	175	179	183	187	190	194	198	202
72	163	167	171	175	178	182	186	190	193	197	201	205
73	166	170	174	178	181	185	189	193	196	200	204	208
74	169	173	177	180	184	188	192	195	199	203	207	210
75	172	176	180	183	187	191	195	198	202	206	210	213
76	175	179	183	186	190	194	198	201	205	209	213	216
77	178	182	185	189	193	197	200	204	208	212	215	219
78	181	185	188	192	196	200	203	207	211	215	218	222
79	184	188	191	195	199	203	206	210	214	218	221	225
80	187	190	194	198	202	205	209	213	217	220	224	228

NOTE 1: Height of member as measured without shoes.

NOTE 2: Maximum allowable weight of member wearing only underwear/undergarments.

NOTE 3: Where applicable, height shall be measured to the nearest 1/2" and the weight table interpolated appropriately.

HOW TO DETERMINE WRIST SIZE

Using a cloth tape measure on the wrist of the dominant hand, fingers extended and apart, measure all the way around at the point where there are two "knobs" just above the hand. Be sure the tape goes across both bones ("knobs").

Enclosure (3) to COMDTINST M1020.8C

MAXIMUM BODY FAT PERCENTAGES FOR MEN

<u>AGE</u>	<u>PERCENT BODY FAT</u>
LESS THAN 30	23%
LESS THAN 40	25%
AGE 40 OR GREATER	27%

MAXIMUM BODY FAT PERCENTAGES FOR WOMEN

<u>AGE</u>	<u>PERCENT BODY FAT</u>
LESS THAN 30	33%
LESS THAN 40	35%
AGE 40 OR GREATER	37%

Enclosure (4) to COMDTINST M1020.8C

COMMAND MEDICAL REFERRAL FORM

_____ has this date been
determined to be _____ pounds overweight and _____
percent of excess body fat. Measurements are:

Height _____ (inches)

Wrist size _____ (inches)

Weight _____ (pounds)

Percent Body Fat _____ %

In accordance with Chapter 5 of Commandant Instruction M1020.8 (series), this member is hereby referred to you to determine whether it is medically safe to lose the excess weight to come into compliance with established standards.

Statement of Medical Officer including determination whether it is safe for the member to lose the excess weight to come in compliance with established weight standards or, if not, why.

1. Is there an underlying medical condition for the member's excess weight? If so, please explain.

2. Is it safe for the member to lose the excess weight to come into compliance with established standards? If not, please explain.

3. Has member been counseled on diet and exercise in accordance with paragraph c, Chapter 5, of COMDTINST M1020.8 (Series)?

Percent Body Fat Measurement Procedures

The following Percent Body Fat Measurement Procedures will be the standard methodology followed by the Coast Guard for determining the percent body fat of Coast Guard members exceeding the screening standards for maximum allowable weight. Commands are to follow these guidelines and procedures carefully when measuring members.

1. Circumferential Measurements

a. For men, determine neck and waist circumferences in accordance with the attached instructions. Determine body fat percentage by comparing the neck and waist circumference measurements with Chart A.

b. For women, determine neck, waist, and buttocks circumferences in accordance with the attached instructions. Determine body fat percentage by comparing the neck, waist, and buttocks circumference measurements with Chart B.

PERCENT BODY FAT MEASUREMENT PROCEDURES

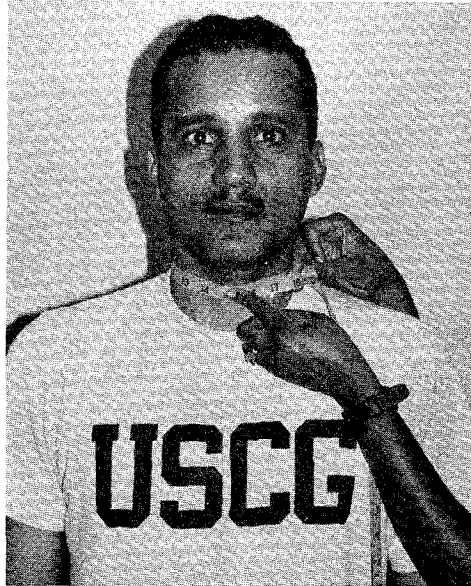
1. General Instructions. Procedures for determining body fat require the use a standard NON-ELASTIC (metal, cloth, or fiberglass) tape measure. The tape should be applied to body landmarks with sufficient tension to keep it in place without indenting the skin surface. Record measurements to the nearest half inch. With the exception of the buttocks measurement for women, all measurements will be taken on bare skin.

2. Percent Body Fat Determination (Males)

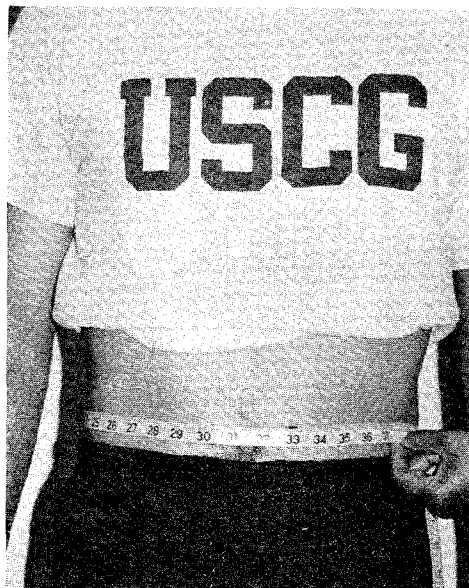
a. Measure height without shoes to nearest half inch. Instruct members to stand with feet together, flat on the deck, take a deep breath and stretch tall.



b. Measure the neck circumference at a point just below the larynx (Adam's Apple) and perpendicular to the long axis of the neck. Member should look straight ahead during measurement, with shoulders down (not hunched). Round neck measurements up and record to half inch. (i.e. Round 16 1/4 to 16.5 inches)



c. Measure the abdominal circumference at the navel, level to the deck. Arms are at the sides. Take measurement at the end of member's normal, relaxed exhalation. Round abdominal measurement down and record to half inch. (I.e. Round 34 3/4 to 34.5 inches)



d. Determine percent body fat by subtracting the neck from the abdominal measurement and comparing this value against the height measurement from Chart A.

3. Percent Body Fat Determination (FEMALES)

a. Measure height without shoes to the nearest half inch. Instruct member to stand with feet together and flat on the deck, take a deep breath and stretch tall.

b. Measure the neck circumference at a point just below the larynx (Adam's Apple) and perpendicular to the long axis of the neck. Member should look straight ahead during measurement, with shoulders down (not hunched). Round neck measurement up and record to half inch. (I.e. Round 13 3/8 to 13.5 inches)



c. Measure the natural waist circumference at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breast bone). When this site is not easily observed, take several measurements at probable sites and use the smallest value. Be sure that the tape is level. Arms are at the sides. Record measurement at the end of member's normal relaxed exhalation. Round waist measurement down and record to half inch. (I.e. Round 28 5/8 to 28.5 inches)



d. Measure the buttocks circumference while facing the subject's right side by placing the tape around the buttocks so that it passes over the greatest protrusion of the gluteal muscles and is level to the deck. Apply sufficient tape tension so that the effect of clothing is minimized. Round this measurement down and record to half inch. (I.e. Round 44 3/8 down to 44.0 inches)



e. Determine percent body fat by adding the waist and the buttocks measurements, subtracting the neck measurement, and comparing this value against the height measurement from Chart B.

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value*	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
11.0	3	2	2	2	2	1	1	1	1	1
11.5	4	4	4	3	3	3	3	2	2	2
12.0	6	5	5	5	5	4	4	4	4	3
12.5	7	7	6	6	6	6	6	5	5	5
13.0	8	8	8	8	7	7	7	7	6	6
13.5	10	9	9	9	9	8	8	8	8	8
14.0	11	11	10	10	10	10	10	9	9	9
14.5	12	12	12	11	11	11	11	11	10	10
15.0	13	13	13	13	12	12	12	12	12	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	15	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	17	17	17	17	16	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	23	23	23	23	22	22	22	22
20.5	25	25	24	24	24	24	23	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	26	26	26	26	25	25	25	25	24
22.0	28	27	27	27	27	26	26	26	26	25
22.5	28	28	28	28	27	27	27	27	26	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	33	32	32	32	31	31	31	31	30	30
25.5	33	33	33	33	32	32	32	31	31	31
26.0	34	34	34	33	33	33	32	32	32	32
26.5	35	35	34	34	34	33	33	33	33	32
27.0	36	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	37	36	36	36	36	35	35	35	35
28.5	38	37	37	37	37	36	36	36	36	35
29.0	38	38	38	38	37	37	37	37	36	36
29.5	39	39	39	38	38	38	37	37	37	37
30.0	40	39	39	39	39	38	38	38	38	37
30.5	--	--	40	40	39	39	39	39	38	38
31.0	--	--	--	--	40	40	39	39	39	39
31.5	--	--	--	--	--	--	--	40	40	39
32.0	--	--	--	--	--	--	--	--	--	40
32.5	--	--	--	--	--	--	--	--	--	--
33.0	--	--	--	--	--	--	--	--	--	--
33.5	--	--	--	--	--	--	--	--	--	--
34.0	--	--	--	--	--	--	--	--	--	--
34.5	--	--	--	--	--	--	--	--	--	--
35.0	--	--	--	--	--	--	--	--	--	--

*Circumference value = abdomen circumference - neck circumference (in inches)

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value*	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
11.0	0	0	--	--	--	--	--	--	--	--
11.5	2	2	1	1	1	1	1	0	0	--
12.0	3	3	3	3	2	2	2	2	2	1
12.5	5	4	4	4	4	4	3	3	3	3
13.0	6	6	6	5	5	5	5	5	4	4
13.5	7	7	7	7	6	6	6	6	6	5
14.0	9	8	8	8	8	8	7	7	7	7
14.5	10	10	9	9	9	9	9	8	8	8
15.0	11	11	11	10	10	10	10	10	9	9
15.5	12	12	12	12	11	11	11	11	11	10
16.0	13	13	13	13	12	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	13
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	17	17	17	17	17	16	16	16	16
18.5	19	18	18	18	18	18	17	17	17	17
19.0	20	19	19	19	19	19	18	18	18	18
19.5	21	20	20	20	20	19	19	19	19	19
20.0	22	21	21	21	21	20	20	20	20	20
20.5	22	22	22	22	22	21	21	21	21	20
21.0	23	23	23	23	22	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	22	22
22.0	25	25	25	24	24	24	24	24	23	23
22.5	26	26	25	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	25	25	25	25
23.5	28	27	27	27	27	26	26	26	26	26
24.0	28	28	28	28	27	27	27	27	27	26
24.5	29	29	29	29	28	28	28	28	27	27
25.0	30	30	30	29	29	29	29	28	28	28
25.5	31	31	30	30	30	30	29	29	29	29
26.0	32	31	31	31	31	30	30	30	30	29
26.5	32	32	32	32	31	31	31	31	30	30
27.0	33	33	32	32	32	32	32	31	31	31
27.5	34	33	33	33	33	33	32	32	32	32
28.0	34	34	34	34	33	33	33	33	33	32
28.5	35	35	35	34	34	34	34	33	33	33
29.0	36	36	35	35	35	35	34	34	34	34
29.5	36	36	36	36	35	35	35	35	35	34
30.0	37	37	37	36	36	36	36	35	35	35
30.5	38	38	37	37	37	37	36	36	36	36
31.0	38	38	38	38	37	37	37	37	37	36
31.5	39	39	39	38	38	38	38	37	37	37
32.0	40	39	39	39	39	38	38	38	38	38
32.5	--	--	40	40	39	39	39	39	38	38
33.0	--	--	--	--	40	40	39	39	39	39
33.5	--	--	--	--	--	--	--	40	40	39
34.0	--	--	--	--	--	--	--	--	--	40
34.5	--	--	--	--	--	--	--	--	--	--
35.0	--	--	--	--	--	--	--	--	--	--

*Circumference value = abdomen circumference - neck circumference (in inches)

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value*	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
11.0	--	--	--	--	--	--	--	--	--	--
11.5	--	--	--	--	--	--	--	--	--	--
12.0	1	1	1	1	0	0	0	--	--	--
12.5	3	2	2	2	2	2	1	1	1	1
13.0	4	4	4	3	3	3	3	3	2	2
13.5	5	5	5	5	4	4	4	4	4	4
14.0	7	6	6	6	6	6	5	5	5	5
14.5	8	8	7	7	7	7	7	6	6	6
15.0	9	9	9	8	8	8	8	8	7	7
15.5	10	10	10	9	9	9	9	9	9	8
16.0	11	11	11	11	10	10	10	10	10	9
16.5	12	12	12	12	12	11	11	11	11	11
17.0	13	13	13	13	13	12	12	12	12	12
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	16	16	16	16	16	15	15	15	15	15
19.0	17	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	18	18	18	18	18	17
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	20	20	20	20	20	19	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	22	22	22	22	22	21	21	21
22.5	24	23	23	23	23	23	22	22	22	22
23.0	25	24	24	24	24	23	23	23	23	23
23.5	25	25	25	25	24	24	24	24	24	23
24.0	26	26	26	25	25	25	25	25	24	24
24.5	27	27	26	26	26	26	26	25	25	25
25.0	28	27	27	27	27	27	26	26	26	26
25.5	28	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	27	27
26.5	30	30	29	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	33	32	32	32	32	31	31	31	31
29.0	33	33	33	33	33	32	32	32	32	31
29.5	34	34	34	33	33	33	33	33	32	32
30.0	35	35	34	34	34	34	33	33	33	33
30.5	35	35	35	35	35	34	34	34	34	33
31.0	36	36	36	35	35	35	35	34	34	34
31.5	37	36	36	36	36	36	35	35	35	35
32.0	37	37	37	37	36	36	36	36	36	35
32.5	38	38	37	37	37	37	37	36	36	36
33.0	39	38	38	38	38	37	37	37	37	37
33.5	39	39	39	38	38	38	38	38	37	37
34.0	40	39	39	39	39	39	38	38	38	38
34.5	--	--	40	40	39	39	39	39	39	38
35.0	--	--	--	--	40	40	40	39	39	39

*Circumference value = abdomen circumference - neck circumference (in inches)

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value*	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
11.0	--	--	--	--	--	--	--	--	--	--
11.5	--	--	--	--	--	--	--	--	--	--
12.0	--	--	--	--	--	--	--	--	--	--
12.5	1	1	0	0	--	--	--	--	--	--
13.0	2	2	2	1	1	1	1	1	1	0
13.5	3	3	3	3	3	2	2	2	2	2
14.0	5	4	4	4	4	4	3	3	3	3
14.5	6	6	5	5	5	5	5	5	4	4
15.0	7	7	7	6	6	6	6	6	6	5
15.5	8	8	8	8	7	7	7	7	7	6
16.0	9	9	9	9	8	8	8	8	8	8
16.5	10	10	10	10	10	9	9	9	9	9
17.0	11	11	11	11	11	10	10	10	10	10
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	16	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	18	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	19	19	19
22.5	22	21	21	21	21	21	20	20	20	20
23.0	22	22	22	22	22	21	21	21	21	21
23.5	23	23	23	23	22	22	22	22	22	21
24.0	24	24	24	23	23	23	23	23	22	22
24.5	25	25	24	24	24	24	24	23	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	26	26	26	26	26	25	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	28	28	28	28	28	27	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	28	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	33	32	32	32	32	32	31	31	31	31
30.5	33	33	33	33	32	32	32	32	32	31
31.0	34	34	33	33	33	33	33	32	32	32
31.5	34	34	34	34	34	33	33	33	33	33
32.0	35	35	35	34	34	34	34	34	33	33
32.5	36	35	35	35	35	35	34	34	34	34
33.0	36	36	36	36	35	35	35	35	35	34
33.5	37	37	36	36	36	36	36	35	35	35
34.0	37	37	37	37	37	36	36	36	36	36
34.5	38	38	38	37	37	37	37	37	36	36
35.0	39	38	38	38	38	38	37	37	37	37

*Circumference value = abdomen circumference - neck circumference (in inches)

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value*	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
35.5	39	39	39	39	38	38	38	38	38	37
36.0	40	40	39	39	39	39	39	38	38	38
36.5	--	--	40	40	39	39	39	39	39	38
37.0	--	--	--	--	--	40	40	39	39	39
37.5	--	--	--	--	--	--	--	40	40	40
38.0	--	--	--	--	--	--	--	--	--	--
38.5	--	--	--	--	--	--	--	--	--	--

*Circumference value = abdomen circumference - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value*	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
34.5	1	0	--	--	--	--	--	--	--	--
35.0	2	1	1	1	0	--	--	--	--	--
35.5	3	2	2	2	1	1	0	0	--	--
36.0	4	3	3	3	2	2	1	1	1	0
36.5	5	4	4	4	3	3	2	2	2	1
37.0	6	5	5	4	4	4	3	3	3	2
37.5	7	6	6	5	5	5	4	4	4	3
38.0	7	7	7	6	6	6	5	5	5	4
38.5	8	8	8	7	7	7	6	6	5	5
39.0	9	9	9	8	8	7	7	7	6	6
39.5	10	10	9	9	9	8	8	8	7	7
40.0	11	11	10	10	10	9	9	8	8	8
40.5	12	12	11	11	10	10	10	9	9	9
41.0	13	12	12	12	11	11	11	10	10	10
41.5	14	13	13	13	12	12	11	11	11	10
42.0	14	14	14	13	13	13	12	12	12	11
42.5	15	15	15	14	14	13	13	13	12	12
43.0	16	16	15	15	15	14	14	14	13	13
43.5	17	17	16	16	15	15	15	14	14	14
44.0	18	17	17	17	16	16	16	15	15	14
44.5	19	18	18	17	17	17	16	16	16	15
45.0	19	19	19	18	18	17	17	17	16	16
45.5	20	20	19	19	19	18	18	18	17	17
46.0	21	20	20	20	19	19	19	18	18	18
46.5	22	21	21	20	20	20	19	19	19	18
47.0	22	22	22	21	21	20	20	20	19	19
47.5	23	23	22	22	22	21	21	21	20	20
48.0	24	23	23	23	22	22	22	21	21	21
48.5	25	24	24	23	23	23	22	22	22	21
49.0	25	25	25	24	24	23	23	23	22	22
49.5	26	26	25	25	24	24	24	23	23	23
50.0	27	26	26	26	25	25	24	24	24	23
50.5	27	27	27	26	26	26	25	25	24	24
51.0	28	28	27	27	27	26	26	25	25	25
51.5	29	28	28	28	27	27	27	26	26	25
52.0	29	29	29	28	28	28	27	27	27	26
52.5	30	30	29	29	29	28	28	28	27	27
53.0	31	30	30	30	29	29	29	28	28	27
53.5	31	31	31	30	30	30	29	29	28	28
54.0	32	32	31	31	31	30	30	30	29	29
54.5	33	32	32	32	31	31	31	30	30	29
55.0	33	33	33	32	32	32	31	31	30	30
55.5	34	34	33	33	33	32	32	31	31	31
56.0	35	34	34	33	33	33	32	32	32	31
56.5	35	35	34	34	34	33	33	33	32	32
57.0	36	35	35	35	34	34	34	33	33	33
57.5	36	36	36	35	35	35	34	34	34	33
58.0	37	37	36	36	36	35	35	35	34	34
58.5	38	37	37	37	36	36	35	35	35	34

*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value*	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
34.5	--	--	--	--	--	--	--	--	--	--
35.0	--	--	--	--	--	--	--	--	--	--
35.5	--	--	--	--	--	--	--	--	--	--
36.0	0	--	--	--	--	--	--	--	--	--
36.5	1	1	0	--	--	--	--	--	--	--
37.0	2	2	1	1	1	0	--	--	--	--
37.5	3	3	2	2	2	1	1	1	0	--
38.0	4	3	3	3	2	2	2	1	1	1
38.5	5	4	4	4	3	3	3	2	2	2
39.0	6	5	5	5	4	4	4	3	3	3
39.5	7	6	6	6	5	5	5	4	4	4
40.0	7	7	7	6	6	6	5	5	5	4
40.5	8	8	8	7	7	7	6	6	6	5
41.0	9	9	8	8	8	7	7	7	6	6
41.5	10	10	9	9	9	8	8	8	7	7
42.0	11	10	10	10	9	9	9	8	8	8
42.5	12	11	11	11	10	10	10	9	9	9
43.0	12	12	12	11	11	11	10	10	10	9
43.5	13	13	13	12	12	12	11	11	11	10
44.0	14	14	13	13	13	12	12	12	11	11
44.5	15	15	14	14	14	13	13	13	12	12
45.0	16	15	15	15	14	14	14	13	13	13
45.5	16	16	16	15	15	15	14	14	14	13
46.0	17	17	17	16	16	16	15	15	15	14
46.5	18	18	17	17	17	16	16	16	15	15
47.0	19	18	18	18	17	17	17	16	16	16
47.5	19	19	19	18	18	18	17	17	17	16
48.0	20	20	20	19	19	18	18	18	18	17
48.5	21	21	20	20	20	19	19	19	18	18
49.0	22	21	21	21	20	20	20	19	19	19
49.5	22	22	22	21	21	21	20	20	20	19
50.0	23	23	22	22	22	21	21	21	20	20
50.5	24	23	23	23	22	22	22	21	21	21
51.0	24	24	24	23	23	23	22	22	22	21
51.5	25	25	24	24	24	23	23	23	22	22
52.0	26	25	25	25	24	24	24	23	23	23
52.0	26	26	26	25	25	25	24	24	24	23
53.0	27	27	26	26	26	25	25	25	24	24
53.5	28	27	27	27	26	26	26	25	25	25
54.0	28	28	28	27	27	27	26	26	26	25
54.5	29	29	28	28	28	27	27	27	26	26
55.0	30	29	29	29	28	28	28	27	27	27
55.5	30	30	30	29	29	29	28	28	28	27
56.0	31	31	30	30	30	29	29	29	28	28
56.5	32	31	31	31	30	30	30	29	29	29
57.0	32	32	32	31	31	31	30	30	30	29
57.5	33	32	32	32	31	31	31	30	30	30
58.0	33	33	33	32	32	32	31	31	31	30
58.5	34	34	33	33	33	32	32	32	31	31

*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value*	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
34.5	--	--	--	--	--	--	--	--	--	--
35.0	--	--	--	--	--	--	--	--	--	--
35.5	--	--	--	--	--	--	--	--	--	--
36.0	--	--	--	--	--	--	--	--	--	--
36.5	--	--	--	--	--	--	--	--	--	--
37.0	--	--	--	--	--	--	--	--	--	--
37.5	--	--	--	--	--	--	--	--	--	--
38.0	0	0	--	--	--	--	--	--	--	--
38.5	1	1	1	0	0	--	--	--	--	--
39.0	2	2	2	1	1	1	0	0	--	--
39.5	3	3	3	2	2	2	1	1	1	0
40.0	4	4	3	3	3	3	2	2	2	1
40.5	5	5	4	4	4	3	3	3	2	2
41.0	6	5	5	5	5	4	4	4	3	3
41.5	7	6	6	6	5	5	5	4	4	4
42.0	8	7	7	7	6	6	6	5	5	5
42.5	8	8	8	7	7	7	6	6	6	6
43.0	9	9	9	8	8	8	7	7	7	6
43.5	10	10	9	9	9	8	8	8	7	7
44.0	11	10	10	10	9	9	9	9	8	8
44.5	12	11	11	11	10	10	10	9	9	9
45.0	12	12	12	11	11	11	10	10	10	10
45.5	13	13	12	12	12	12	11	11	11	10
46.0	14	14	13	13	13	12	12	12	11	11
46.5	15	14	14	14	13	13	13	12	12	12
47.0	15	15	15	14	14	14	13	13	13	13
47.5	16	16	15	15	15	15	14	14	14	13
48.0	17	17	16	16	16	15	15	15	14	14
48.5	18	17	17	17	16	16	16	15	15	15
49.0	18	18	18	17	17	17	16	16	16	15
49.5	19	19	18	18	18	17	17	17	17	16
50.0	20	19	19	19	18	18	18	18	17	17
50.5	20	20	20	19	19	19	19	18	18	18
51.0	21	21	20	20	20	20	19	19	19	18
51.5	22	21	21	21	21	20	20	20	19	19
52.0	22	22	22	22	21	21	21	20	20	20
52.5	23	23	22	22	22	22	21	21	21	20
53.0	24	23	23	23	23	22	22	22	21	21
53.5	24	24	24	23	23	23	23	22	22	22
54.0	25	25	24	24	24	24	23	23	23	22
54.5	26	25	25	25	24	24	24	24	23	23
55.0	26	26	26	25	25	25	24	24	24	24
55.5	27	27	26	26	26	25	25	25	25	24
56.0	28	27	27	27	26	26	26	25	25	25
56.5	28	28	28	27	27	27	26	26	26	25
57.0	29	29	28	28	28	27	27	27	26	26
57.5	30	29	29	29	28	28	28	27	27	27
58.0	30	30	29	29	29	29	28	28	28	27
58.5	31	30	30	30	29	29	29	29	28	28

*Circumference value = abdomen (waist)I + buttocks - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value*	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
34.5	--	--	--	--	--	--	--	--	--	--
35.0	--	--	--	--	--	--	--	--	--	--
35.5	--	--	--	--	--	--	--	--	--	--
36.0	--	--	--	--	--	--	--	--	--	--
36.5	--	--	--	--	--	--	--	--	--	--
37.0	--	--	--	--	--	--	--	--	--	--
37.5	--	--	--	--	--	--	--	--	--	--
38.0	--	--	--	--	--	--	--	--	--	--
38.5	--	--	--	--	--	--	--	--	--	--
39.0	--	--	--	--	--	--	--	--	--	--
39.5	0	--	--	--	--	--	--	--	--	--
40.0	1	1	0	0	--	--	--	--	--	--
40.5	2	2	1	1	1	0	0	--	--	--
41.0	3	2	2	2	2	1	1	1	0	0
41.5	4	3	3	3	2	2	2	2	1	1
42.0	4	4	4	4	3	3	3	2	2	2
42.5	5	5	5	4	4	4	3	3	3	3
43.0	6	6	5	5	5	5	4	4	4	3
43.5	7	7	6	6	6	5	5	5	5	4
44.0	8	7	7	7	6	6	6	6	5	5
44.5	8	8	8	8	7	7	7	6	6	6
45.0	9	9	9	8	8	8	7	7	7	7
45.5	10	10	9	9	9	9	8	8	8	7
46.0	11	10	10	10	10	9	9	9	8	8
46.5	12	11	11	11	10	10	10	9	9	9
47.0	12	12	12	11	11	11	11	10	10	10
47.5	13	13	12	12	12	12	11	11	11	10
48.0	14	13	13	13	13	12	12	12	11	11
48.5	14	14	14	14	13	13	13	12	12	12
49.0	15	15	15	14	14	14	13	13	13	13
49.5	16	16	15	15	15	14	14	14	14	13
50.0	17	16	16	16	15	15	15	15	14	14
50.5	17	17	17	16	16	16	16	15	15	15
51.0	18	18	17	17	17	17	16	16	16	15
51.5	19	18	18	18	17	17	17	17	16	16
52.0	19	19	19	18	18	18	18	17	17	17
52.5	20	20	19	19	19	19	18	18	18	17
53.0	21	20	20	20	20	19	19	19	18	18
53.5	21	21	21	20	20	20	20	19	19	19
54.0	22	22	21	21	21	21	20	20	20	19
54.5	23	22	22	22	21	21	21	21	20	20
55.0	23	23	23	22	22	22	22	21	21	21
55.5	24	24	23	23	23	22	22	22	22	21
56.0	25	24	24	24	23	23	23	22	22	22
56.5	25	25	25	24	24	24	23	23	23	23
57.0	26	25	25	25	25	24	24	24	23	23
57.5	26	26	26	26	25	25	25	24	24	24
58.0	27	27	26	26	26	26	25	25	25	24
58.5	28	27	27	27	26	26	26	26	25	25

*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)
(waist)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value*	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
59.0	38	38	38	37	37	36	36	36	35	35
59.5	39	38	38	38	37	37	37	36	36	36
60.0	39	39	39	38	38	38	37	37	37	36
60.5	40	40	39	39	39	38	38	37	37	37
61.0	41	40	40	39	39	39	38	38	38	37
61.5	41	41	40	40	40	39	39	39	38	38
62.0	42	41	41	41	40	40	40	39	39	38
62.5	42	42	42	41	41	40	40	40	39	39
63.0	43	42	42	42	41	41	41	40	40	40
63.5	43	43	43	42	42	42	41	41	40	40
64.0	44	44	43	43	42	42	42	41	41	41
64.5	45	44	44	43	43	43	42	42	42	41
65.0	--	45	44	44	44	43	43	42	42	42
65.5	--	--	45	44	44	44	43	43	43	42
66.0	--	--	--	--	45	44	44	44	43	43
66.5	--	--	--	--	--	45	44	44	44	43
67.0	--	--	--	--	--	--	45	45	44	44
67.5	--	--	--	--	--	--	--	--	45	44
68.0	--	--	--	--	--	--	--	--	--	45
68.5	--	--	--	--	--	--	--	--	--	--
69.0	--	--	--	--	--	--	--	--	--	--
69.5	--	--	--	--	--	--	--	--	--	--
70.0	--	--	--	--	--	--	--	--	--	--
70.5	--	--	--	--	--	--	--	--	--	--
71.0	--	--	--	--	--	--	--	--	--	--
71.5	--	--	--	--	--	--	--	--	--	--
72.0	--	--	--	--	--	--	--	--	--	--
72.5	--	--	--	--	--	--	--	--	--	--
73.0	--	--	--	--	--	--	--	--	--	--
73.5	--	--	--	--	--	--	--	--	--	--
74.0	--	--	--	--	--	--	--	--	--	--
74.5	--	--	--	--	--	--	--	--	--	--
75.0	--	--	--	--	--	--	--	--	--	--
75.5	--	--	--	--	--	--	--	--	--	--

*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value*	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
59.0	35	34	34	34	33	33	33	32	32	32
59.5	35	35	35	34	34	34	33	33	33	32
60.0	36	35	35	35	34	34	34	33	33	33
60.5	36	36	36	35	35	35	34	34	34	33
61.0	37	37	36	36	36	35	35	35	34	34
61.5	38	37	37	37	36	36	36	35	35	35
62.0	38	38	37	37	37	36	36	36	35	35
62.5	39	38	38	38	37	37	37	36	36	36
63.0	39	39	39	38	38	38	37	37	37	36
63.5	40	39	39	39	38	38	38	37	37	37
64.0	40	40	40	39	39	39	38	38	38	37
64.5	41	41	40	40	40	39	39	39	38	38
65.0	41	41	41	40	40	40	39	39	39	38
65.5	42	42	41	41	41	40	40	40	39	39
66.0	43	42	42	41	41	41	40	40	40	39
66.5	43	43	42	42	42	41	41	41	40	40
67.0	44	43	43	43	42	42	42	41	41	41
67.5	44	44	43	43	43	42	42	42	41	41
68.0	45	44	44	44	43	43	43	42	42	42
68.5	--	45	44	44	44	43	43	43	42	42
69.0	--	--	45	45	44	44	44	43	43	43
69.5	--	--	--	--	45	44	44	44	43	43
70.0	--	--	--	--	--	45	45	44	44	44
70.5	--	--	--	--	--	--	--	45	44	44
71.0	--	--	--	--	--	--	--	--	45	45
71.5	--	--	--	--	--	--	--	--	--	--
72.0	--	--	--	--	--	--	--	--	--	--
72.5	--	--	--	--	--	--	--	--	--	--
73.0	--	--	--	--	--	--	--	--	--	--
73.5	--	--	--	--	--	--	--	--	--	--
74.0	--	--	--	--	--	--	--	--	--	--
74.5	--	--	--	--	--	--	--	--	--	--
75.0	--	--	--	--	--	--	--	--	--	--
75.5	--	--	--	--	--	--	--	--	--	--

*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Circumference Value*	Height (inches)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
59.0	31	31	31	30	30	30	29	29	29	28
59.5	32	32	31	31	31	30	30	30	29	29
60.0	32	32	32	32	31	31	31	30	30	30
60.5	33	33	32	32	32	31	31	31	31	30
61.0	34	33	33	33	32	32	32	31	31	31
61.5	34	34	34	33	33	33	32	32	32	31
62.0	35	34	34	34	34	33	33	33	32	32
62.5	35	35	35	34	34	34	33	33	33	33
63.0	36	36	35	35	35	34	34	34	33	33
63.5	36	36	36	35	35	35	35	34	34	34
64.0	37	37	36	36	36	35	35	35	35	34
64.5	38	37	37	37	36	36	36	35	35	35
65.0	38	38	37	37	37	37	36	36	36	35
65.5	39	38	38	38	37	37	37	36	36	36
66.0	39	39	39	38	38	38	37	37	37	36
66.5	40	39	39	39	38	38	38	37	37	37
67.0	40	40	40	39	39	39	38	38	38	37
67.5	41	40	40	40	39	39	39	39	38	38
68.0	41	41	41	40	40	40	39	39	39	38
68.5	42	41	41	41	40	40	40	40	39	39
69.0	42	42	42	41	41	41	40	40	40	39
69.5	43	42	42	42	42	41	41	41	40	40
70.0	43	43	43	42	42	42	41	41	41	40
70.5	44	43	43	43	43	42	42	42	41	41
71.0	44	44	44	43	43	43	42	42	42	41
71.5	45	44	44	44	43	43	43	43	42	42
72.0	--	45	45	44	44	44	43	43	43	42
72.5	--	--	--	45	44	44	44	44	43	43
73.0	--	--	--	--	45	45	44	44	44	43
73.5	--	--	--	--	--	--	45	44	44	44
74.0	--	--	--	--	--	--	--	45	45	44
74.5	--	--	--	--	--	--	--	--	--	45
75.0	--	--	--	--	--	--	--	--	--	--
75.5	--	--	--	--	--	--	--	--	--	--

*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)

Appendix B to COMDTINST M1020.8C

Maximum Allowable Coast Guard Accession Weight
for Military Entrance Processing Stations

MAXIMUM ALLOWABLE WEIGHT FOR MEN BASED ON
MEMBERS HEIGHT AND FRAME SIZE

FRAME SIZE CODE												
	A	B	C	D	E	F	G	H	J	K	L	M
	6 1/4	6 1/2	6 3/4	7	7 1/4	7 1/2	7 3/4	8	8 1/4	8 1/2	GREATER	
Height	UNDER 6 1/4	TO UNDER 6 1/2	TO UNDER 6 3/4	TO UNDER 7	TO UNDER 7 1/4	TO UNDER 7 1/2	TO UNDER 7 3/4	TO UNDER 8	TO UNDER 8 1/4	TO UNDER 8 1/2	TO UNDER 8 3/4	THAN 8 3/4
60	140	143	145	148	151	154	157	160	164	167	171	175
61	144	147	149	152	155	158	162	165	169	173	177	181
62	148	151	154	157	160	163	167	170	174	178	183	187
63	152	155	158	161	164	168	171	175	179	184	188	193
64	156	159	162	165	169	172	176	180	185	189	194	199
65	160	163	166	169	173	177	181	185	190	195	200	204
66	164	167	170	174	177	181	186	190	195	200	204	208
67	168	171	174	178	182	186	190	195	200	204	208	212
68	172	175	179	182	186	190	195	200	205	208	212	216
69	176	179	183	186	191	195	200	205	209	213	216	220
70	180	183	187	191	195	199	205	209	213	217	221	225
71	184	187	191	195	199	204	209	213	217	221	225	229
72	188	191	195	199	204	209	213	217	221	225	229	233
73	192	195	199	204	208	213	218	221	225	229	233	237
74	196	199	203	208	213	218	222	226	230	233	237	241
75	200	204	208	212	217	222	226	230	234	238	242	245
76	204	208	212	216	221	226	230	234	238	242	246	250
77	208	212	216	221	226	230	234	238	242	246	250	254
78	212	216	220	225	230	234	238	242	246	250	254	258
79	216	220	224	229	235	239	243	246	250	254	258	262
80	220	224	228	233	239	243	247	251	255	258	262	266

NOTE 1: Height of member as measured without shoes.

NOTE 2: Maximum allowable weight of member wearing only underwear/undergarments

NOTE 3: Where applicable, height shall be measured to the nearest 1/2 inch and the weight table interpolated appropriately.

WRIST SIZE: Using a cloth tape measure on the wrist of the dominant hand, fingers extended and apart, all the way around at the point where there are two "knobs" just above the hand. Be sure the tape goes across both bones ("knobs").

**Maximum Allowable Coast Guard Accession Weight
for Military Entrance Processing Stations**

**MAXIMUM ALLOWABLE WEIGHT FOR WOMEN BASED ON
MEMBERS HEIGHT AND FRAME SIZE**

FRAME SIZE CODE												
	N	P	Q	R	S	T	U	V	W	X	Y	Z
		5 1/4	5 1/2	5 3/4	6	6 1/4	6 1/2	6 3/4	7	7 1/4	7 1/2	7 3/4
	UNDER	TO	TO	TO	TO	TO	TO	TO	TO	TO	TO	AND
Height	5 1/4	5 1/2	5 3/4	6	6 1/4	6 1/2	6 3/4	7	7 1/4	7 1/2	7 3/4	GREATER
58	102	106	110	115	119	124	129	134	139	145	151	157
59	106	110	114	119	123	128	133	138	143	149	155	161
60	110	114	118	123	127	132	137	142	148	153	159	165
61	114	118	122	127	131	136	141	146	152	157	163	170
62	118	122	127	131	136	140	145	151	156	162	168	174
63	122	126	131	135	140	145	150	155	160	166	172	178
64	126	130	135	139	144	149	154	159	164	170	176	181
65	130	134	139	143	148	153	158	163	168	174	180	184
66	134	138	143	147	152	157	162	167	173	178	183	187
67	142	146	151	155	160	165	170	175	181	185	189	193
69	146	150	155	159	164	169	174	180	185	188	192	196
70	150	154	159	164	168	173	178	184	188	191	195	199
71	154	158	163	168	172	177	182	187	190	194	198	202
72	158	162	167	172	176	181	186	190	193	197	201	205
73	162	166	171	176	181	185	189	193	196	200	204	208
74	166	171	175	180	184	188	192	195	199	203	207	210
75	170	175	179	183	187	191	195	198	202	206	210	213
76	174	179	183	186	190	194	198	201	205	209	213	216
77	178	182	185	189	193	197	200	204	208	212	215	219
78	181	185	188	192	196	200	203	207	211	215	218	222
79	184	188	191	195	199	203	206	210	214	218	221	225
80	187	190	194	198	202	205	209	213	217	220	224	228

NOTE 1: Height of member as measured without shoes.

NOTE 2: Maximum allowable weight of member wearing only underwear/undergarment

NOTE 3: Where applicable, height shall be measured to the nearest 1/2 inch and the weight table interpolated appropriately.

WRIST SIZE: Using a cloth tape measure on the wrist of the dominant hand, fingers extended and apart, all the way around at the point where there are two "knobs" just above the hand. Be sure the tape goes across both bones ("knobs").

Appendix C to COMDTINST M1020.8C

MAXIMUM ALLOWABLE WEIGHT FOR COAST GUARD ACADEMY CADETS

Maximum Allowable Weight Based on a Cadet's Height and Body Frame

Men Height (inches)	Small Frame Weight (lbs.)	Medium Frame Weight (lbs.)	Large Frame Weight (lbs.)	Extra Large Frame Weight (lbs.)
60	131	137	145	151
61	135	141	150	156
62	139	145	155	162
63	143	149	160	167
64	147	154	165	172
65	151	158	170	177
66	155	162	175	182
67	158	167	180	190
68	162	171	185	195
69	166	175	190	200
70	170	180	195	207
71	174	185	200	213
72	178	189	205	217
73	182	193	210	223
74	186	197	215	228
75	190	202	220	234
76	194	206	225	239
77	197	209	230	244
78	201	213	235	249
79	205	217	240	254
80	209	221	245	259

Women Height (inches)	Small Frame Weight (lbs.)	Medium Frame Weight (lbs.)	Large Frame Weight (lbs.)	Extra Large Frame Weight (lbs.)
60	106	118	131	145
61	110	122	136	151
62	114	127	140	155
63	119	132	145	161
64	124	136	151	165
65	129	141	157	171
66	134	146	163	177
67	137	151	168	185
68	141	155	172	189
69	146	159	176	191
70	150	163	180	195
71	155	167	184	198
72	159	170	188	201
73	163	174	192	205
74	166	177	195	208
75	168	180	198	212
76	171	183	200	214
77	174	185	202	216
78	178	187	204	218
79	180	188	206	220
80	183	191	208	222

NOTE 1: Measure height and weight without shoes.

NOTE 2: Measure height to the nearest 1/2" and interpolate to find weight standards.

NOTE 3: Weight is to be measured in only the following uniforms (without shoes):

- a. Study hour T-shirt and issued gym shorts -- subtract 1 lb.
- b. Study hour T-shirt and long undress trousers -- subtract 2 lbs.
- c. Study hour T-shirt and issued sweatpants -- subtract 2 lbs.
- d. Tropical blue long -- subtract 2.5 lbs.
- e. Winter dress blue -- subtract 3 lbs.

How to Determine Frame Size

1. Extend and spread apart the fingers of the dominant hand.
2. Place cloth tape measure around wrist at the point where there are two "knobs".
3. Take the measurement ensuring that the tape goes across both "knobs".
4. Determine the frame size using the following data:

	Small Frame	Medium Frame	Large Frame	Extra Large Frame
Male Wrist	Less than 6 1/4"	Equal to 6 1/4" to less than 7"	Equal to 7" to less than 7 3/4"	7 3/4" and larger
Female Wrist	Less than 5 1/4"	Equal to 5 1/4" to less than 6"	Equal to 6" to less than 6 3/4"	6 3/4" and larger

Appendix B to COMDTINST M1020.8C

Maximum Allowable Coast Guard Accession Weight for Military Entrance Processing Stations

MAXIMUM ALLOWABLE WEIGHT FOR MEN BASED ON MEMBERS HEIGHT AND FRAME SIZE

FRAME SIZE CODE												
	A	B	C	D	E	F	G	H	J	K	L	M
	6 1/4	6 1/2	6 3/4	7	7 1/4	7 1/2	7 3/4	8	8 1/4	8 1/2	8 3/4	GREATER
Height	UNDER 6 1/4	UNDER 6 1/2	UNDER 6 3/4	UNDER 7	UNDER 7 1/4	UNDER 7 1/2	UNDER 7 3/4	UNDER 8	UNDER 8 1/4	UNDER 8 1/2	UNDER 8 3/4	THAN 8 3/4
60	140	143	145	148	151	154	157	160	164	167	171	175
61	144	147	149	152	155	158	162	165	169	173	177	181
62	148	151	154	157	160	163	167	170	174	178	183	187
63	152	155	158	161	164	168	171	175	179	184	188	193
64	156	159	162	165	169	172	176	180	185	189	194	199
65	160	163	166	169	173	177	181	185	190	195	200	204
66	164	167	170	174	177	181	186	190	195	200	204	208
67	168	171	174	178	182	186	190	195	200	204	208	212
68	172	175	179	182	186	190	195	200	205	208	212	216
69	176	179	183	186	191	195	200	205	209	213	216	220
70	180	183	187	191	195	199	205	209	213	217	221	225
71	184	187	191	195	199	204	209	213	217	221	225	229
72	188	191	195	199	204	209	213	217	221	225	229	233
73	192	195	199	204	208	213	218	221	225	229	233	237
74	196	199	203	208	213	218	222	226	230	233	237	241
75	200	204	208	212	217	222	226	230	234	238	242	245
76	204	208	212	216	221	226	230	234	238	242	246	250
77	208	212	216	221	226	230	234	238	242	246	250	254
78	212	216	220	225	230	234	238	242	246	250	254	258
79	216	220	224	229	235	239	243	246	250	254	258	262
80	220	224	228	233	239	243	247	251	255	258	262	266

NOTE 1: Height of member as measured without shoes.

NOTE 2: Maximum allowable weight of member wearing only underwear/undergarments

NOTE 3: Where applicable, height shall be measured to the nearest 1/2 inch and the weight table interpolated appropriately.

WRIST SIZE: Using a cloth tape measure on the wrist of the dominant hand, fingers extended and apart, all the way around at the point where there are two "knobs" just above the hand. Be sure the tape goes across both bones ("knobs").

**Maximum Allowable Coast Guard Accession Weight
for Military Entrance Processing Stations**

**MAXIMUM ALLOWABLE WEIGHT FOR WOMEN BASED ON
MEMBERS HEIGHT AND FRAME SIZE**

FRAME SIZE CODE												
	N	P	Q	R	S	T	U	V	W	X	Y	Z
		5 1/4	5 1/2	5 3/4	6	6 1/4	6 1/2	6 3/4	7	7 1/4	7 1/2	7 3/4
	UNDER	TO	TO	TO	TO	TO	TO	TO	TO	TO	TO	AND
Height	5 1/4	5 1/2	5 3/4	6	6 1/4	6 1/2	6 3/4	7	7 1/4	7 1/2	7 3/4	GREATER
58	102	106	110	115	119	124	129	134	139	145	151	157
59	106	110	114	119	123	128	133	138	143	149	155	161
60	110	114	118	123	127	132	137	142	148	153	159	165
61	114	118	122	127	131	136	141	146	152	157	163	170
62	118	122	127	131	136	140	145	151	156	162	168	174
63	122	126	131	135	140	145	150	155	160	166	172	178
64	126	130	135	139	144	149	154	159	164	170	176	181
65	130	134	139	143	148	153	158	163	168	174	180	184
66	134	138	143	147	152	157	162	167	173	178	183	187
67	142	146	151	155	160	165	170	175	181	185	189	193
69	146	150	155	159	164	169	174	180	185	188	192	196
70	150	154	159	164	168	173	178	184	188	191	195	199
71	154	158	163	168	172	177	182	187	190	194	198	202
72	158	162	167	172	176	181	186	190	193	197	201	205
73	162	166	171	176	181	185	189	193	196	200	204	208
74	166	171	175	180	184	188	192	195	199	203	207	210
75	170	175	179	183	187	191	195	198	202	206	210	213
76	174	179	183	186	190	194	198	201	205	209	213	216
77	178	182	185	189	193	197	200	204	208	212	215	219
78	181	185	188	192	196	200	203	207	211	215	218	222
79	184	188	191	195	199	203	206	210	214	218	221	225
80	187	190	194	198	202	205	209	213	217	220	224	228

NOTE 1: Height of member as measured without shoes.

NOTE 2: Maximum allowable weight of member wearing only underwear/undergarment

NOTE 3: Where applicable, height shall be measured to the nearest 1/2 inch and the weight table interpolated appropriately.

WRIST SIZE: Using a cloth tape measure on the wrist of the dominant hand, fingers extended and apart, all the way around at the point where there are two "knobs" just above the hand. Be sure the tape goes across both bones ("knobs").

Appendix C to COMDTINST M1020.8C

MAXIMUM ALLOWABLE WEIGHT FOR COAST GUARD ACADEMY CADETS

Maximum Allowable Weight Based on a Cadet's Height and Body Frame

Men Height (inches)	Small Frame Weight (lbs.)	Medium Frame Weight (lbs.)	Large Frame Weight (lbs.)	Extra Large Frame Weight (lbs.)
60	131	137	145	151
61	135	141	150	156
62	139	145	155	162
63	143	149	160	167
64	147	154	165	172
65	151	158	170	177
66	155	162	175	182
67	158	167	180	190
68	162	171	185	195
69	166	175	190	200
70	170	180	195	207
71	174	185	200	213
72	178	189	205	217
73	182	193	210	223
74	186	197	215	228
75	190	202	220	234
76	194	206	225	239
77	197	209	230	244
78	201	213	235	249
79	205	217	240	254
80	209	221	245	259

Women Height (inches)	Small Frame Weight (lbs.)	Medium Frame Weight (lbs.)	Large Frame Weight (lbs.)	Extra Large Frame Weight (lbs.)
60	106	118	131	145
61	110	122	136	151
62	114	127	140	155
63	119	132	145	161
64	124	136	151	165
65	129	141	157	171
66	134	146	163	177
67	137	151	168	185
68	141	155	172	189
69	146	159	176	191
70	150	163	180	195
71	155	167	184	198
72	159	170	188	201
73	163	174	192	205
74	166	177	195	208
75	168	180	198	212
76	171	183	200	214
77	174	185	202	216
78	178	187	204	218
79	180	188	206	220
80	183	191	208	222

NOTE 1: Measure height and weight without shoes.

NOTE 2: Measure height to the nearest 1/2" and interpolate to find weight standards.

Note 3: Weight is to be measured in only the following uniforms (without shoes):

- a. Study hour T-shirt and issued gym shorts -- subtract 1 lb.
- b. Study hour T-shirt and long undress trousers -- subtract 2 lbs.
- c. Study hour T-shirt and issued sweatpants -- subtract 2 lbs.
- d. Tropical blue long -- subtract 2.5 lbs.
- e. Winter dress blue -- subtract 3 lbs.

How to Determine Frame Size

1. Extend and spread apart the fingers of the dominant hand.
2. Place cloth tape measure around wrist at the point where there are two "knobs".
3. Take the measurement ensuring that the tape goes across both "knobs".
4. Determine the frame size using the following data:

	Small Frame	Medium Frame	Large Frame	Extra Large Frame
Male Wrist	Less than 6 1/4"	Equal to 6 1/4" to less than 7"	Equal to 7" to less than 7 3/4"	7 3/4" and larger
Female Wrist	Less than 5 1/4"	Equal to 5 1/4" to less than 6"	Equal to 6" to less than 6 3/4"	6 3/4" and larger

